

BOOK REVIEWS

LOW SODIUM DIET—A Manual for the Patient. By Thurman B. Rice, A.M., M.D., Professor of Public Health, Indiana University School of Medicine. Lea & Febiger, Philadelphia, 1951. 103 pages. \$2.75.

This book, written by a physician who himself is on a low sodium diet, is an interesting, but superficial discussion of the subject. There are a number of errors which have crept into the book. A few of these may be listed:

Halibut and salmon are listed as high in sodium. These are relatively low (50 mg. sodium per 100 gm.) as compared to sardine and tuna.

On page 21 the author states that "celery, etc., is good," but celery is high in sodium.

On page 26 ice cream is recommended for dessert, but this can be very high in sodium.

On page 50 sherbet is advocated, but even though made with skimmed milk, can be high in sodium.

On page 59 it should be made clear that tomato juice, which is listed under "low sodium" column, should not be canned unless salt-free.

On page 70 there is very little relationship between the fruits and vegetables grouped on the bottom of the page; this is also true of the charts on pages 59-60. For example, one cup of parsnips and squash are allowed, yet on page 60 squash is listed as "very low" and parsnips as "medium."

The tables which give the sodium content per 100 grams food are not as helpful to the patient as if the sodium content per average serving was given. There is a good deal of repetition in the book, but the philosophy is worthwhile, as well as the discussion of sodium in water.

In general, although considerable interesting data are presented, this book does not contribute much more than careful use of the Mead Johnson tables or study of the "Practical Aspects of the Low Sodium Diet," published by the San Francisco Heart Association.

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DISEASE IN INFANCY AND CHILDHOOD. By Richard W. B. Ellis, O.B.E., M.A., M.D., F.R.C.P., Professor of Child Life and Health, University of Edinburgh. The Williams and Wilkins Company, Baltimore, 1951. 695 pages.

Dr. Ellis' intention, stated in his preface, is "primarily to emphasize those features of the young and growing individual which will determine his response to the impact of disease processes, and distinguish this response from the behavior of the adult..." This volume may not fulfill this intent for the average reader. The author further states "this book is not intended as an inclusive work of reference, but rather as an introduction to clinical paediatrics for those who are already familiar with the natural history of disease processes in adult life." "Disease in Infancy and Childhood" is satisfactory for this purpose. The author's economical style makes for easy reading but leads to omissions where the physician less experienced in pediatrics most needs details. Although this book may be read with profit and enjoyment, the busy practitioner will not find it the most useful of currently available works on pediatrics.

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CLINICAL HEART DISEASE. By Samuel A. Levine, M.D., F.A.C.P., Clinical Professor of Medicine, Harvard Medical School; Physician, Peter Bent Brigham Hospital, Boston. Fourth Edition, illustrated. W. B. Saunders Company, Philadelphia, 1951. 556 pages. \$7.75.

Levine's new edition brings up to date his well-known text book first published in 1936. The new edition follows the old ones in organization, style and in the intense personal approach to cardiology. The readable style, the illustration with apt clinical examples and sound clinical judgment all

combine to make this volume exceedingly valuable to all physicians interested in heart disease. The section on paroxysmal rapid heart action is particularly good and emphasizes the importance of bedside medicine. The chapters on "Bronchial and Other Factors in the Production of Dyspnea," "The Clinical Significance of Systolic Murmur," "The Patient with Heart Disease as a Surgical and Obstetrical Risk," and "Factors Concerning Prognosis in Heart Disease" are particularly valuable.

The section on electrocardiography has been completely re-written and brought up to date with complete description of unipolar and precordial leads.

If one were to criticize this excellent book one might cite the absence of references from which readers may pursue any subject in which they are interested. Without references the reader must accept all statements as personal opinions of the author based on his experience. The book can be highly recommended.

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ATLAS OF NORMAL RADIOGRAPHIC ANATOMY. By Isadore Meschan, M.A., M.D., Professor and Head of the Department of Radiology, University of Arkansas School of Medicine; With the Assistance of R.M.F. Farrer-Meschan, M.B., B.S. (Melbourne, Australia). 1044 illustrations on 362 figures. W. B. Saunders Company, Philadelphia, 1951. 593 pages. \$15.00.

This is a volume of about 600 pages dealing with normal roentgenographic findings. It is designed by the authors as a reference book. Tracings are provided to illustrate the gross anatomy of the individual films projected.

After a chapter on the fundamental background for radiographic anatomy, there are chapters dealing with microscopic and macroscopic aspects of bone, the radiographic anatomy of the upper and lower extremities, the skull and the brain. Then follow chapters on the vertebral column, the respiratory system, the mediastinum, the cardiovascular system, the gastrointestinal tract, the abdomen, and the urogenital tracts.

The information in the chapters dealing with the osseous, urinary and nervous systems is adequate, at least for students and residents. However, the sections on the respiratory, cardiovascular and alimentary systems reveal a lack of the information obtainable by clinical fluoroscopy, and therefore need augmentation in this respect.

The author uses some unusual terms such as "remnant radiation" (page 2). The time of ossification and union of the bony centra shows greater variation than indicated in his tables 1 and 2. The legends on figure 70 might bear further revision.

Most of the diagrams are well done, but several of the roentgenograms would bear replacement by more contrasty or better detailed examples. The printing is clear and the indexing adequate.

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COMPARATIVE PHYSIOLOGY OF THE THYROID AND PARATHYROID. By Walter Fleischmann, M.D., Ph.D., Veterans Administration Hospital, Fort Howard, Maryland; Instructor in Pediatrics, The Johns Hopkins University School of Medicine, Baltimore, Maryland. Charles C. Thomas, Publisher, Springfield, Illinois, 1951. 78 pages. \$2.25.

This small volume is a very competent review of the published data on comparative physiology of the thyroid and parathyroid glands. It should be of interest to endocrinologists and to investigators of thyroid and parathyroid function. Dr. Fleischmann reviews the literature showing how early in the cordates evidence can be found of thyroid